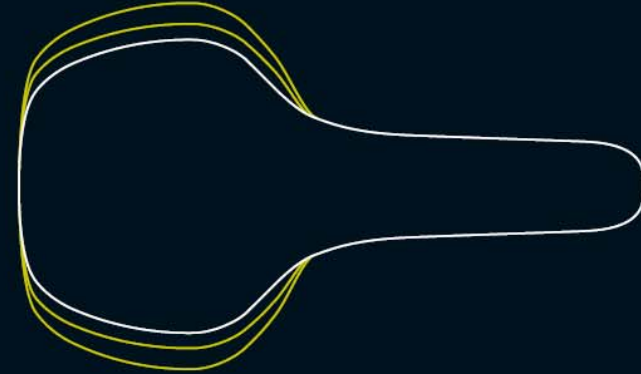


Which is the correct saddle width?

Scientific studies have concluded that in order for a saddle to be comfortable, it must match the individual sit bone width of the rider. This distance however changes depending on the angle at which the rider's upper body is at. If the rider sits upright on the saddle, it is the rear parts of the sit bones which take their weight. As the rider leans more forward, then the point of the sit bone which makes contact rolls forwards. As the pelvis is also V formed towards the front, the contact area on the saddle needs to be large enough to provide comfort in different sitting positions. Ergon saddles are designed around the male pelvis form. For riders with a sit bone width of 9 - 11 cm we suggest size S, and for those with a sit bone distance of 11 - 13 cm we suggest M. For riders with a wider measurement, of 13 - 15 cm size L is correct. There is some cross over, so we suggest test riding where possible.



Recommended Sizes**

Saddle Size	Small	Medium	Large
Sit bone width	9 - 11 cm	11 - 13 cm	13 - 15 cm

* Measured in the pre-upholstered state.

** Variance is possible.